



# USATF Southern California Association Masters Championships

Saturday, June 6, 2009 – Soka University of America, Aliso Viejo

### Running Event Schedule

7 a.m. 10,000m  
 7:50 a.m. 5,000m  
 8:30 a.m. 5,000m Racewalk  
 9:25 a.m. 80/100 / 110m Hurdles  
 10 a.m. 3k Steeplechase  
 10:20 a.m. 2k Steeplechase  
 10:40 a.m. 1500m  
 11 a.m. 100m prelims (if needed)  
 11:20 a.m. 300/400m Hurdles  
 11:35 a.m. 400m Finals  
 12:05 p.m. 100m Finals  
 12:35 p.m. 800m  
 12:55 p.m. 200m Finals  
 1:25 p.m. 4x100m Relay  
 1:35 p.m. 4x 800m Relay  
 1:50 p.m. 4x 400 Relay  
 2 p.m. 4x1500 Relay

### Field Event schedule:

7:30 a.m. Hammer (All)  
  
 8:30 a.m. Shot (All)  
 High Jump (All women, M60+)  
 Pole Vault (M30-59)  
  
 10 a.m. Discus (All)  
 High Jump (M30-59)  
  
 11 a.m. Long Jump (All)  
 Pole Vault (all women, M60+)  
 12 p.m. Triple Jump (All)  
 Javelin (All women, M60+)  
 Weight throw (All)  
 Super Weight (All) follows Weight Throw  
 1 p.m. Javelin (M30-59)

**A 2009 USATF membership number is required to enter this meet. Obtain or renew memberships at [www.usatf.org](http://www.usatf.org). NO MEMBERSHIPS WILL BE SOLD AT THE MEET.**

o **ONLY 1/4-INCH PYRAMID SPIKES WILL BE ALLOWED (Spikes will be checked).**

o Medals will be awarded to the first 3 places in each 5-year age group.

o Implements must be checked in 30 minutes prior to event.

o Events begin with women, oldest to youngest, then men, oldest to youngest.

o After **May 28**, only online entries accepted. Deadline is 6 p.m. **June 3. NO SAME-DAY ENTRIES.**

o Entry fees: First event, \$25; second event, \$12; third event \$6, additional events \$5 each. Relays: \$12 per team, payable at meet.

o **A championship T-shirt will be available for purchase at the meet. The shirt will list the names of all competitors who enter by May 28.**

o Make checks payable to: SCA-USATF. Mail to Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688

o Contact: runnermark@cox.net

Name \_\_\_\_\_ Age (on 6/6/09) \_\_\_\_\_ Birth date \_\_\_\_\_ Male/Female \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City/State/ZIP \_\_\_\_\_ 2009 USATF No. \_\_\_\_\_  
 Club affiliation \_\_\_\_\_ e-mail \_\_\_\_\_

**Event**                      **Best mark, '08-'09**

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_

**Entry Fees**

First event (\$25)                      \$ \_\_\_\_\_  
 Second event (\$12)                      \$ \_\_\_\_\_  
 Third event (\$6)                      \$ \_\_\_\_\_  
 Additional events (\$5 each) \$ \_\_\_\_\_  
 Late fee (\$20 after May 28) \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Waiver** (Must be signed in order to compete): I hereby waive all my rights that I or my heirs or assigns may have against USATF, So Cal Track Club and/or Mark Cleary and/or Soka University of America arising from any illness, injury or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_